

Two Onion Farm

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Week of September 30, 2012

Organic produce in this week's box:

Vegetable	Refrigerate?	Store In Plastic Bag To Retain Moisture?	Approx. Storage Life	Comments
Broccoli	Yes	Yes	1 wk	
Carrot	Yes	Yes	2 wks	
Garlic	No	No	2 wks	
Kohlrabi	Yes	Yes	1 wk	
Lettuce	Yes	Yes	1 wk	Oakleaf
Onion	No	No	2 wks	
Pepper	Yes	Yes	1 wk	Red Italian or white bell
Potato	No	No	2+ wks	Store in a dark dry place!
Radish, beauty heart	Yes	Yes	2+ wks	
Squash, Winter	No	No	2+ wks	Acorn or buttercup
Sweet potatoes	No	No	2 wks	
Tomato	No	No	<1 wk	Refrigeration prolongs life but decreases flavor

Tomatoes and peppers. We expect that this is the last week for both crops and impending frost this coming weekend will kill the plants in the field. We've included tomatoes in everyone's boxes for the past 13 weeks, and peppers for the past 12, so we are pleased with our production of both crops this year.

Potatoes. Potatoes are the only vegetable which we include in your boxes that we do not raise ourselves. These certified organic potatoes were grown by the good people at Driftless Organics in Soldiers Grove, WI. We've turned to them because they have the specialized tools (and the expertise!) to efficiently and economically raise high quality spuds. We'll be including their potatoes in most of your boxes over the coming weeks.

Sweet potatoes. First sweet potatoes of the year in this week's box. We've been slowly increasing our production of this crop as learn more about the best varieties and growing methods for our farm.

Kohlrabi. This is the last delivery of kohlrabi for the year. You'll notice that some of the kohlrabi have dark spots on the skin. This is because the kohlrabi has been in storage for several weeks. We've sampled a number of the kohlrabis and the taste is still very good. We harvested a bumper crop several weeks back. At the time our boxes were very full with cauliflower, broccoli, and so forth. We gave out some kohlrabi at the time and opted to save the rest for a few weeks so a different set of biweekly members could receive them and so that no one would be overwhelmed. The appearance of the kohlrabi does, however, decline quickly in storage.

Winter squash. Some boxes will receive the last of the acorn squash this week. Others will receive buttercup squash. (We will deliver buttercup again later in the fall). The buttercup are large and dark green with a grey protuberance at the bottom. Their deep orange flesh is delicious baked plain and can also be used in soups and baking.

Beauty Heart Radish is one of our favorite vegetables! This is a delicacy, not at all to be confused with regular red radishes. The pale green outer layer is very hot and slightly bitter, but the rosy inner flesh is slightly sweet and spicy. We peel off the outer layer and only eat the colorful inner flesh; some folks like to eat the radish with the outer layer still on for extra heat. The radishes are wonderful sliced in salads and sandwiches.

Carrot. Cold fall temperatures result in the sweetest carrots. The carrots in this week's box benefited from the cold nights we experienced around September 19-24. Enjoy!

Vegetable Eggrolls

Recipe submitted by a member. Makes approximately 6 egg rolls.

Ingredients:

1 tsp minced ginger
Stalk from one head of broccoli, sliced into thin strips
1 small carrot, grated
1 cup shredded beauty heart radish, turnip, or cabbage
3 green onions, finely chopped OR 1/2 cup minced onion bulb
1 Tbsp oyster sauce
egg roll wrappers
olive oil

Mince ginger and sauté on high with a little bit of olive oil and the garlic for 2-3 minutes.

Add the veggies and sauté for another 2-3 minutes.

Remove from heat and stir in oyster sauce, let cool.

When cool enough to handle, wrap filling in egg roll wrappers. Use 2-3 tablespoons of filling per wrapper, depending on the size of the wrappers.